

PLU Health Services ADHD Diagnosis and Prescribing Policy/Stimulant Contract

If a student wishes to be evaluated for attention deficit hyperactivity disorder (ADHD) (and has never been diagnosed before), they may schedule a Mental Health Evaluation appointment with PLU Health Services and mention they are specifically concerned about ADHD. A complete psychiatric evaluation will be conducted to assess for other conditions as well to make sure that another diagnosis is not causing similar symptoms. This process may take from 1-3 appointments. The PLU psychiatric nurse practitioner can also become the provider of record and prescribe a stimulant if needed (after receiving medical records) for a student who has previously been diagnosed with ADHD.

Stimulant Medications

Stimulant medications (ex: Adderall, Ritalin, Vyvanse, Concerta) are commonly and effectively used to treat attention deficit hyperactivity disorder (ADHD). While many students may benefit from treatment with stimulant medications, thorough assessment and appropriate medical oversight are required for safe prescription. Stimulant medications have a known potential for misuse, dependence, and possible serious side effects. Because of this, stimulant medications are considered a "controlled substance" and their prescription is tightly regulated by the Drug Enforcement Agency (DEA). In recent years, unprescribed and illicit use of ADHD medications by college students has increased considerably.

Stimulant Shortages

Shortages of different stimulants have been occurring intermittently and somewhat unpredictably since the Covid-19 pandemic, which can sometimes make it difficult for patients to obtain their refills of certain stimulant medications. If this happens, a patient should a) call around to other local pharmacies to see if they have the necessary medication in stock, and b) then ask their medical provider to send their prescription there.

Non-stimulant Options

Although less commonly used, there are non-stimulant medications that can be used effectively to treat ADHD in adults as well. These include atomoxetine (Strattera) and Wellbutrin.

Rules for Keeping Yourself, Others, and Your Stimulant Medication Safe:

- Never share your medication with others
- Keep your medication safe - this means keeping it locked up unless you live alone
- Do not seek stimulant prescription from multiple medical providers
- Do not increase your dosage of medication on your own
- Do not request early refills of your medication

Stimulant Contract

For those students who receive a prescription for a stimulant medication from a PLU clinical provider, a stimulant contract will be discussed and signed prior to any stimulant prescription being provided. Contracts will be reviewed annually. Violations of the stimulant contract will result in the student no longer being prescribed stimulant medications through the PLU Health Center.

Illicit Drug Use

Patients are prohibited from using illicit substances while taking a prescribed stimulant from a PLU provider. These illicit substances have the potential for serious interactions with prescribed stimulants. Illicit substances could include opioids and benzodiazepines (used without an appropriate prescription), buprenorphine, cocaine, methamphetamine, ecstasy, and others. An illicit drug found on urine drug screen will be a violation of the stimulant contract and may result in the PLU medical provider's inability to

continue prescribing your stimulant medication. Marijuana is NOT considered an illicit substance for this contract, although heavy use of marijuana can worsen ADHD symptoms and is not recommended.

Urine Drug Screening

The PLU health provider may require random urine drug screening at any visit. There will be a small charge for this. This is to ensure that the stimulant medication is present in the urine and illicit drugs are not present.

Medical Visit Requirements

Students who receive a prescription for stimulant medication are required to attend an in person health appointment at least every 3 months. This may be more frequent if medication is being adjusted for optimization. This is to check your vitals, to assess for side effects, and to see how the medication is working.

Requesting/Receiving Your Medication

The PLU health provider will electronically send in one 30-day supply of the stimulant medication at your in-person visit. When a refill is needed, you may call the 253-535-7337 or send an email to hohmane@plu.edu and request it at least 2 business days in advance of needing it.

PLU Holidays

Please keep in mind that the Health Services generally follows the same holiday schedule as PLU and is therefore closed on all federal holidays and during most university breaks, such as Thanksgiving, Winter, and Spring breaks. It is your responsibility to make sure you plan ahead to ensure your medication needs.

Limited Provider Presence in Clinic

PLU Health Services has 1 medical/psychiatric provider available in person. They are available 3 days a week (Tuesday, Thursday, Friday) for the 2025-2026 academic year. If you need medical care outside of these days and hours, please refer yourself to TimelyCare, a local urgent care, the emergency room, or another community provider, but you should not be seeking stimulant medication refills from a provider outside PLU. TimelyCare virtual service is unable to refill stimulant medications.

I have read and understand and agree to the items above:

Patient/Student Signature: _____ Date _____

Patient's name (printed) _____